

# STARPORT SPORTS AND RECREATION

## Basketball Rules

To be governed by the National Federation (high school) rules with the following intramural modifications:

### GENERAL INFORMATION

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#### Number of Players

A regulation team consists of 5 players. A team must start with at least 4 players present. A team can play with 2 or 3 players only if others have been injured or have fouled out and the referees feel the team playing with less than five still has a chance to win. A team reduced to 3 players by player ejections will automatically forfeit.

#### Line-ups and Scorecards

All players must check-in with the supervisor or official on duty prior to heading to their court to play. Participants must have completed all required Starport paperwork prior to the start of play. The team captain is responsible for submitting a roster with the following: first and last names and jersey numbers for all team members. Players arriving late may play after reporting their name and to the scorekeeper.

#### Timing Regulations

All games will be limited to 2 twenty-minute halves (running clock) with a five-minute halftime. The clock will begin to run at game time. The clock will stop on all team and officials' timeouts. **EXCEPTION: A regulation stop clock will be used at the 2 minute remaining mark of the second half.** The clock will stop for fouls, violations, and timeouts but not after made baskets. **EXCEPTION: Any team delaying the game by arguing, throwing or kicking the ball, refusing to cooperate with officials shall be assessed a technical foul and the officials may add time to the games if necessary.**

Games starting on time will begin with a jump ball and thereafter the alternating possession rule shall apply. Any team not ready to play at the scheduled game time will be penalized 1 point for every minute late. The offended team will be awarded the ball to start the game. If a team is not ready to play at 10 minutes past game time a No Show will be declared with a score of 10-0.

#### Mercy Rule

*If a team is ahead by 50 points or more at any time following the start of the second half, the game will be ended. If a team is ahead by 25 points or more with 5 minutes remaining in the second half, the game will be ended. In both situations, teams will be allowed to use the court for the remainder of the game time, but the officials will not officiate the game. **EXCEPTION: If both teams AND the official agree to continue play, the game will not be ended in either scenario.*** If a team is ahead by 15 or more points at the 2 minute remaining mark in the second half, the clock will continue to run and stop clock procedure will not be used except for team and official timeouts.

#### No Show

A No Show will be assessed when a team fails to be present with the required number of players at 10 minutes past a scheduled game time. A team committing their first No Show must contact the Starport Sports and Recreation office within 24 hours and indicate that they wish to stay in the league. A team committing a second No Show will not be permitted to play the remainder of the season.

#### Timeouts

Each team will be allowed 2 sixty-second timeouts per half. First half timeouts WILL NOT carry over to the second half.

#### Overtime

Games ending in a tie shall play a *three-minute* overtime (running clock) to determine a winner. A regulation stop clock will also be used at the *2-minute* remaining mark of the overtime(s) using the same procedure as the end of the second half of play. Overtime periods shall begin with a jump ball. Each team will receive one sixty-second timeout per overtime period. Timeouts not used from the second half will not carry over to the overtime period.

#### Substitutions

Substitutions will follow National Federation guidelines. Therefore substitutes will be recognized during any dead ball situation. All substitutes must report to the score table and make notice they wish to enter at the next dead ball and then sit on the floor as to not obstruct the view of the scorekeeper. The scorekeeper will sound the horn and the officials will recognize the substitutes and beckon them on to the court. **Players going on to the court without being beckoned by the official are subject to a technical foul.**

### Technical and Intentional Fouls

Technical fouls – No free throws will be attempted. Two points will be awarded plus the ball out-of-bounds at mid-court to the offended team. **In addition, any conduct or unsporting technical foul assessed will also count as a personal foul and team foul.**

Intentional fouls – No free throws will be attempted. On an unsuccessful shot attempt, intentional fouls will be awarded 2 points (3 for female in coed) plus retention of the ball at mid-court. On a successful shot attempt, intentional fouls will be awarded 4 points (6 for female in coed) but the team **does not** retain possession.

### Unsportsmanlike Forfeit

Should a game be **stopped** at some point due to a violation of Starport Code of Conduct, or if a completed game is subsequently protested due to an ineligible player or players and declared a loss for the winning team, it shall be considered a forfeit. Three unsportsmanlike technical fouls on a team during a game will result in the game being stopped. **Any team forfeiting under this rule is automatically banned from going to the playoffs.** Appeals to be reinstated to playoff status may be made in writing to the Sports and Recreation Director prior to the next regularly scheduled game.

### Equipment

Head decorations, headwear, and ALL JEWELRY OF ANY TYPE are illegal. Only **elastic** headbands will be permitted during the course of the game. All players must wear shoes. They must be non-marking court shoes. Hard sole shoes and sandals will not be permitted. Belts with buckles are not permitted. Street pants are not permitted. **NO** casts/splints will be allowed under any circumstances. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. All equipment decisions made by the basketball officials on duty shall be final.

### Uniforms

All team members must wear the same color shirt or jersey **with a number**. Shirts and jerseys NEED to be numbered on the front and the number must be visible on the back.

### Team Area/Bench Personnel

Coaches must remain in the immediate bench area; they cannot walk the entire length of the sideline. All other non-players must be bleachers area. Teams with spectators failing to go to the bleachers will be penalized at the discretion of the official(s) on duty. **Team managers are responsible for the behavior of their TEAM, COACHES, and SPECTATORS.**

### Bleeding Player Rule

Whenever a participant suffers a cut where bleeding occurs, the player must leave the game and then take the necessary action(s) to stop the bleeding and prevent it from occurring again. If a player's uniform becomes stained by blood this article of clothing must be removed before the player may re-enter the game. The player may use a different number without penalty. A team may call one timeout if it wishes to have the player remain in the game; otherwise the injured player must leave the game and may return at the next dead ball after the situation has been corrected. The official on duty shall have final approval on any situation regarding this manner.

### Dunking

*Dunking is permitted.* Grasping or hanging on the rim is **NOT** permitted at any time. *Dunking during warm-ups, timeouts, or at half time is not allowed. The penalty for either action shall be a technical foul charged to the offending player.*

## COED RULES

**Ball** – Teams will play with an intermediate (women) sized basketball. A men's ball may be used if both teams agree.

**Players** – Teams will consist of five players in the following way: 1<sup>st</sup> half – 3 women and 2 men, 2<sup>nd</sup> half – 2 women and 3 men. A team may play with 3 women the entire game. However, the opponent will have the right to play with 3 men against that combination in the second half. A team must have 2 men and 2 women to start the game.

**Scoring** – Points will be scored as follows: All women field goals will count for 3 points. Men field goals inside the 3-point line will be worth 2 and outside the 3-point line will be worth 3. All free throws will be worth one point.

**Free Throws** – *All free throw situations are to be shot as normal 1 and 1, 1 shot, 2 shots or 3 shots.* There are no sex restrictions of lining up to rebound free throws.

## FUNDAMENTAL VIOLATIONS, FOULS, AND PENALTIES

The following rules are fundamental to the National Federation, and Starport Sports and Recreation Basketball:

### VIOLATIONS

**10-second backcourt** – a player must have both feet and the ball completely across the mid-court line before the count stops. The count will only stop if the defending team gains control of the ball or a defensive foul is called. A deflection does not stop the count. If the ball goes out-of-bounds, a new 10-second count will begin.

**5-second frontcourt** – applies only in the frontcourt to players holding or dribbling the ball whose defender has established a closely guarded position at least 6 feet from the player with the ball. The count shall stop when a player loses control of the ball, or if the defender concedes their guarding position.

**3-Second lane** – applies to offensive players who have any part of their foot in the lane when the ball is in their frontcourt. The count stops on loss of team control, and on any shot. A player in the lane may receive a pass prior to 3 seconds and be permitted to make an offensive move to the basket.

**Jump Ball** – the two jumpers shall not break the plane of the mid-court line until the ball reaches its highest point. Neither jumper may touch the ball more than twice, nor catch the ball, unless another player on the court has touched the ball, or the ball touches the floor. Non-jumpers may line up no closer than 6-feet from either jumper and may not move until a jumper touches the ball.

**Goaltending and Basket Interference** – When a defensive player touches the ball while it is on its downward flight to the goal or while the ball is above the cylinder, and/or slaps the backboard while the ball is on or above the cylinder, it is goaltending and two points shall be awarded. When an offensive player touches the ball, net or any part of the basket while the ball is on or above the cylinder, it is basket interference and a violation. Any baskets are waived off and the ball is awarded to the defending team.

**Throw-in** – After a made basket, the thrower may run the baseline. On any designated spot throw-in, the thrower has a spot approximately 3 feet wide and as deep as the court permits to make their throw-in. They may take steps to the left or right as long as one foot remains on or over the spot, and may step back as far as the court permits. On all throw-ins, the player has five seconds to release the ball. The defense may not break the plane of the line, if so they will receive a warning and then a technical foul on all subsequent violations. If the defense breaks the play and touches the ball before it is released it is a technical foul. If the defense breaks the plane and touches the player before the ball is released it is an intentional foul.

**Free Throw** – The free throw rules will be as follows: Only 6 players may occupy marked lane spaces for rebounding purposes. Defensive players must fill the bottom two spaces and they may take the third lane space. The offensive players may fill the second lane spaces on both sides. The offense may not have more than two players rebounding. Players may move down the lane toward the basket if the spaces are not filled. The other three players must remain behind the 3-point line above the free throw line extended. All players may move once the ball has touched the rim.

### FOULS

**Shooting Fouls** – A player who is in the act of shooting will be rewarded with two or three free throws unless the basket is successful and then they will receive one free throw. Shooting fouls include hack, hold, push, block, etc.

**Non-shooting Fouls** – A player who is fouled while not in the act of shooting will be rewarded with a team foul. The fouled player will shoot 1 and 1 on the 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> team fouls and 2 shots on every foul thereafter each half. Non-shooting fouls include hold, push, block, hand-check, illegal screen, etc.

**Team Control Fouls** – When a team who is in control of the ball, dribbling, holding, or shooting commits a foul it is team control foul. Never shoot free throws. Team control fouls include charging, lowering the shoulder, pushing off, illegal screens, and swinging elbows. Remember, there is no team control during a throw-in, jump ball, when the ball is in flight during a try or tap for goal or during a rebound. When a player intentionally swings the elbows in a dangerous manner and makes contact a technical foul shall be called. Intentionally swinging the elbows without contact will result in a violation.

**Flagrant Fouls** – When any of the above fouls are intentional or technical refer to the previously outlined policies for procedure. When any of the above fouls are flagrant, (dangerous or malicious fouls with no attempt to play the ball or with excessive contact) the player should be ejected immediately.

